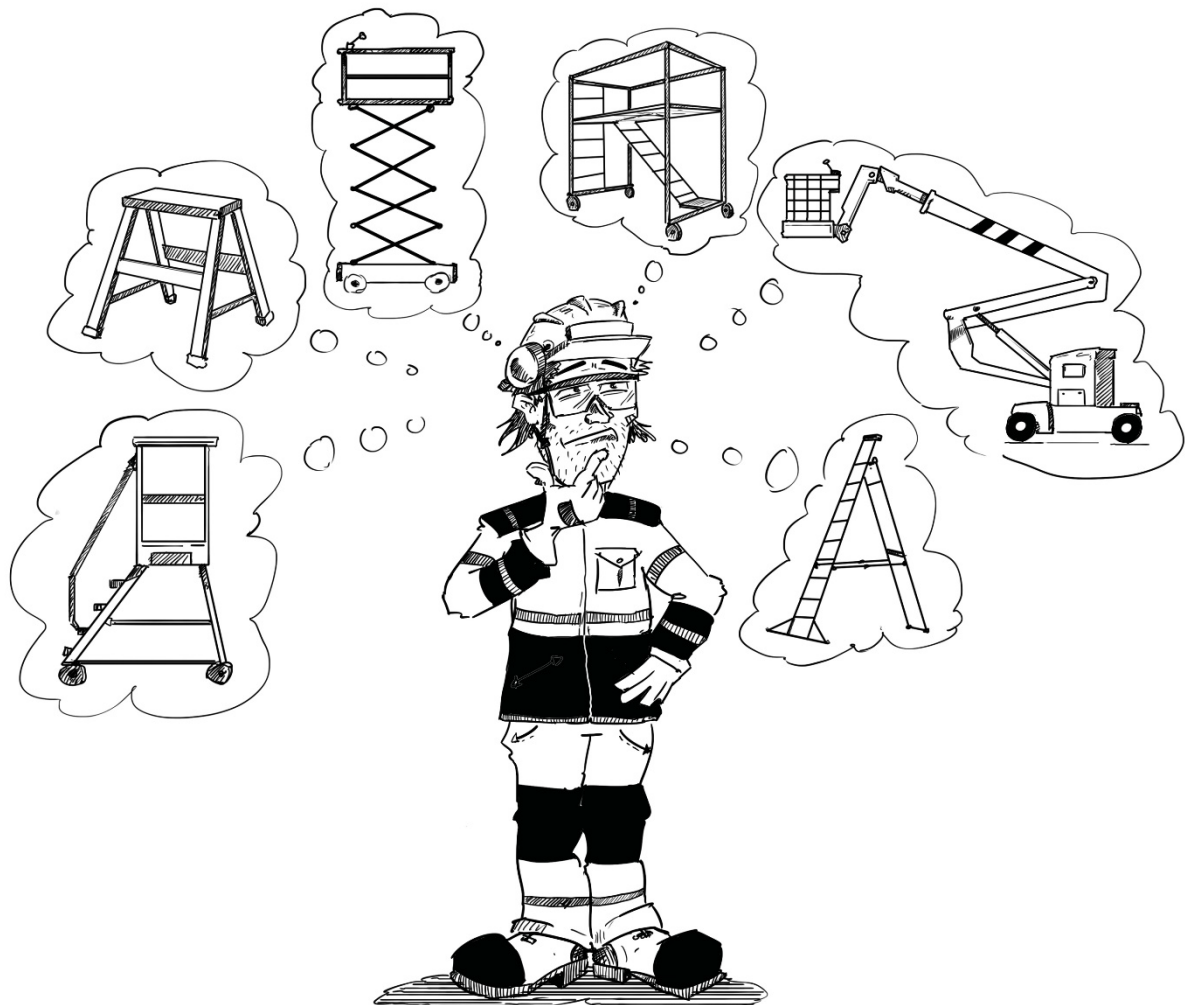
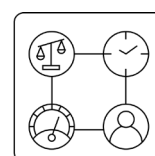
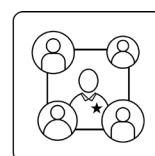
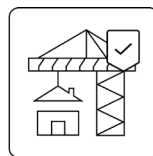
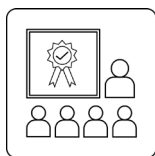


Sikker bruk av trappestiger og arbeidsbukker

Denne veilederen er laget for at alle som skal benytte trappestiger og arbeidsbukker, skal få hjelp til å velge rett utstyr for jobben, og jobbe trygt i høyden.

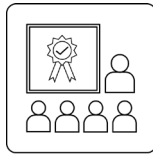
Du vil få noen tips om hva du bør tenke på når du skal velge arbeidsplattform, hva slags verktøy som egner seg fra trappestige og arbeidsbukker, hva du bør se etter i omgivelsene dine, hva du bør kontrollere før du tar trappen eller arbeidsbukken i bruk, og hvordan arbeide trygt og riktig for kroppen.





Velg det arbeidsutstyret som passer til oppgaven du skal utføre i høyden

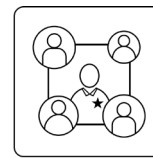




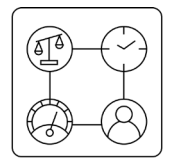
Kompetanse



Arbeidsoperasjoner

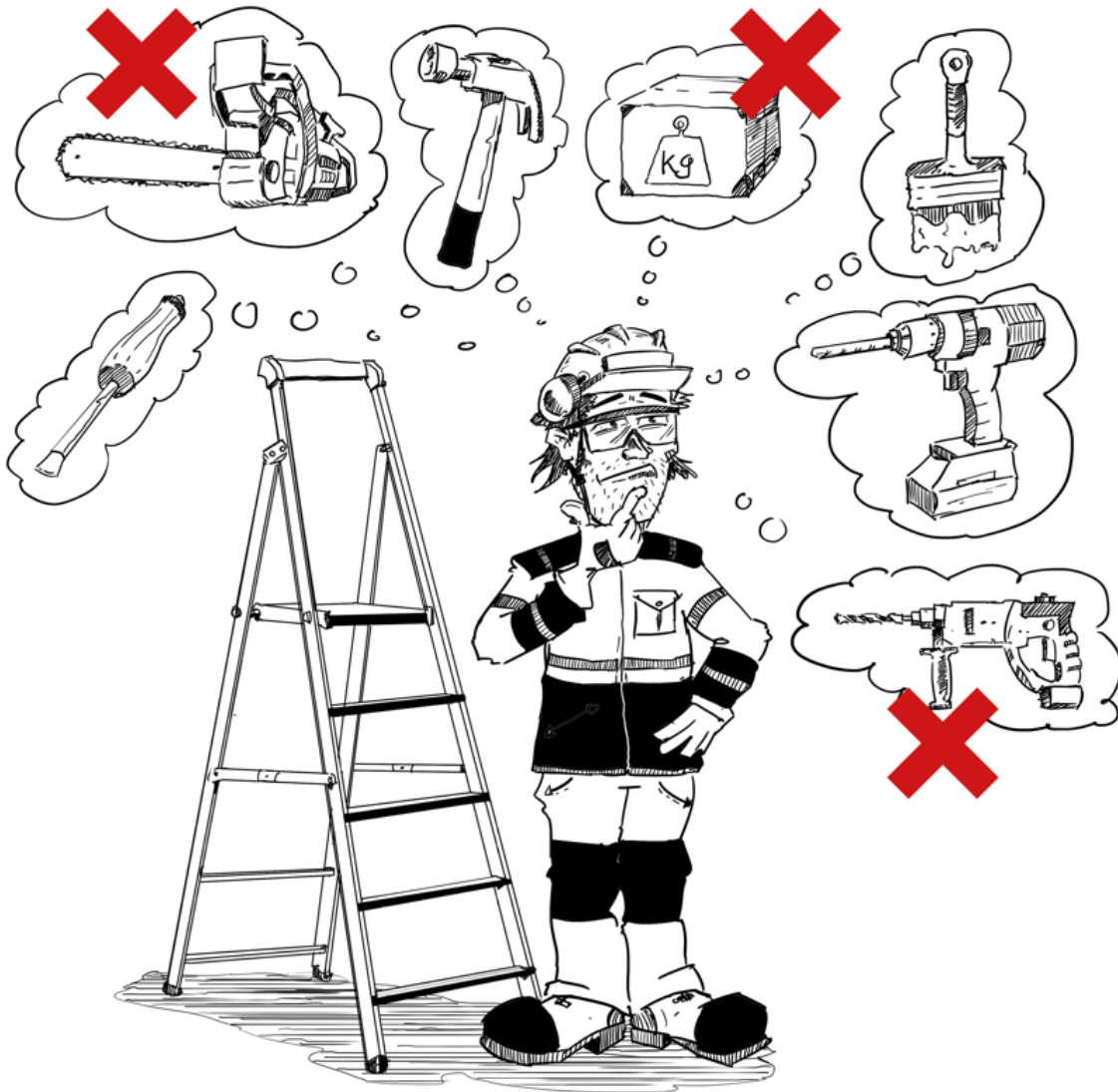


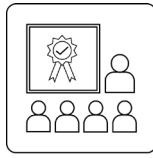
Ledelse og kultur



Rammebetingelser

Vurder hva slags oppgaver og verktøy som egner seg i trappestige eller arbeidsbukk

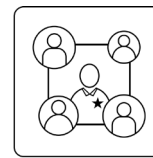




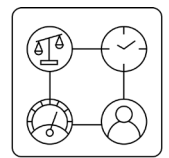
Kompetanse



Arbeidsoperasjoner

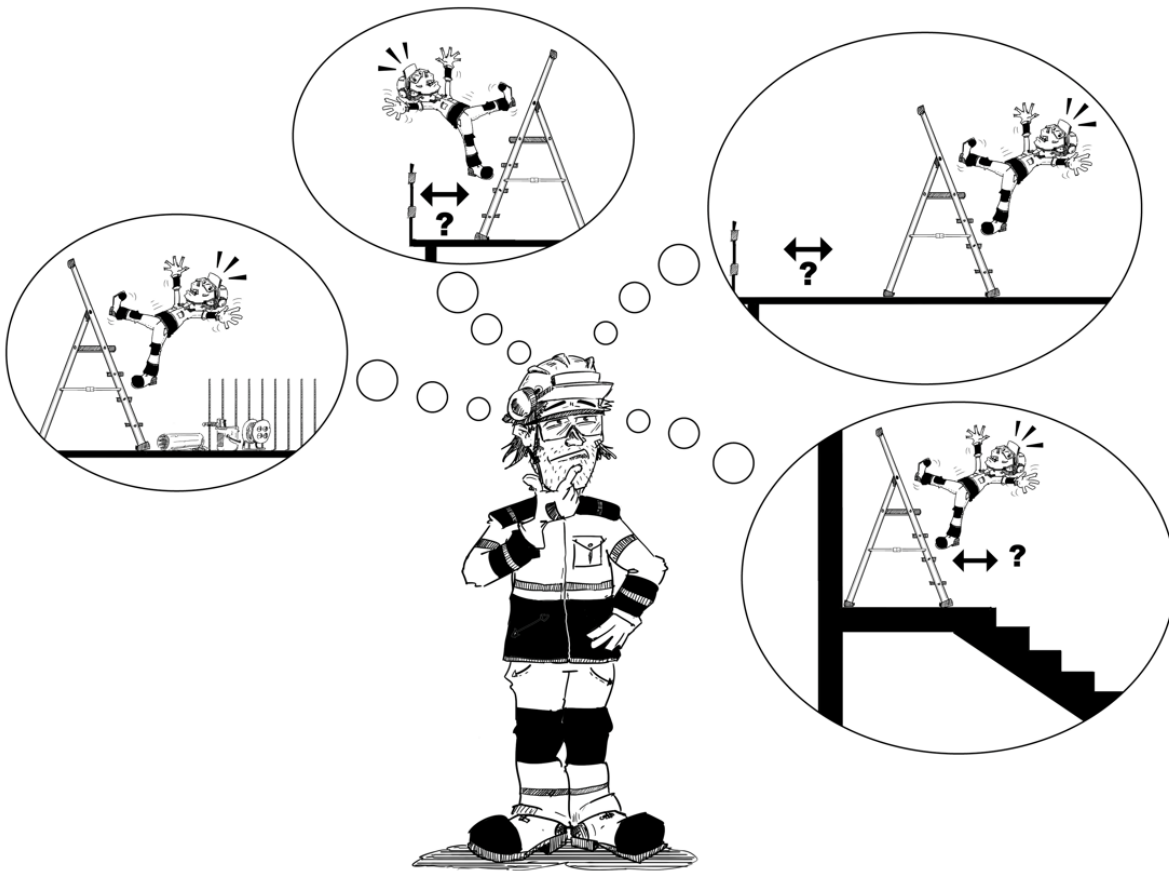


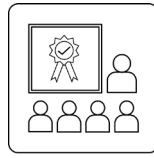
Ledelse og kultur



Rammebetingelser

Vurder omgivelsene dine – hva skjer om jeg faller her?

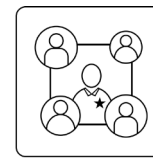




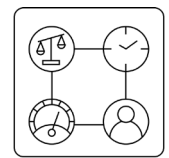
Kompetanse



Arbeidsoperasjoner

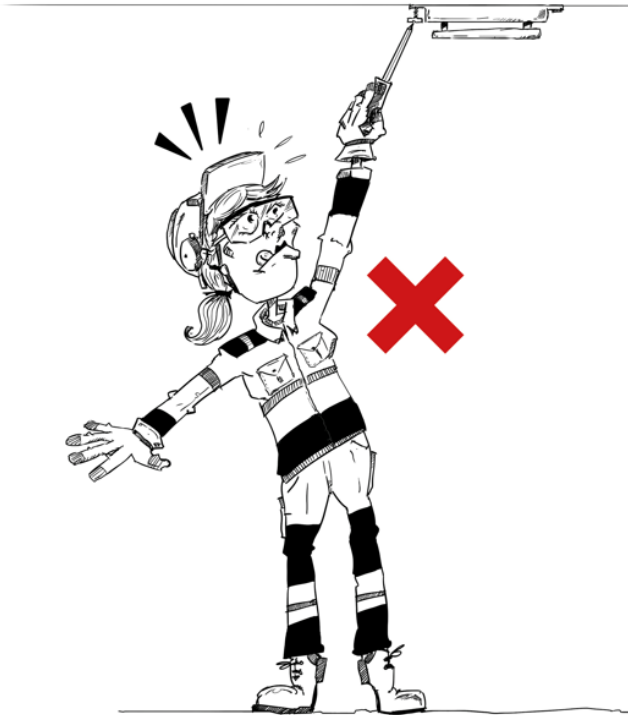


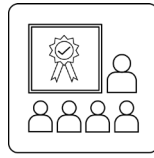
Ledelse og kultur



Rammebetingelser

Reduser belastningen på kroppen mest mulig – jobb ergonomisk riktig

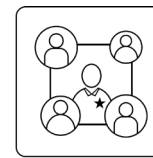




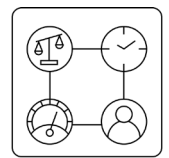
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Arbeidsoperasjoner



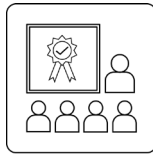
Ledelse og kultur



Rammebetingelser

Bruk trappestiger og bukker riktig

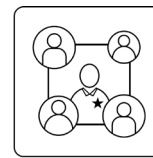




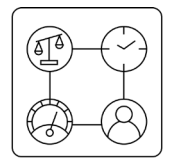
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Arbeidsoperasjoner



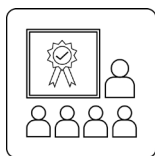
Ledelse og kultur



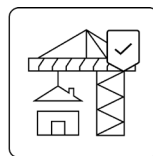
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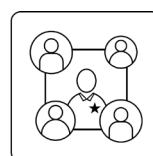




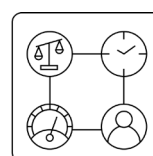
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Arbeidsoperasjoner



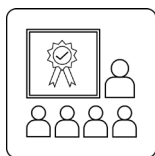
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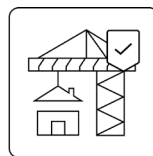
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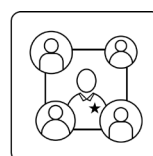




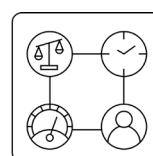
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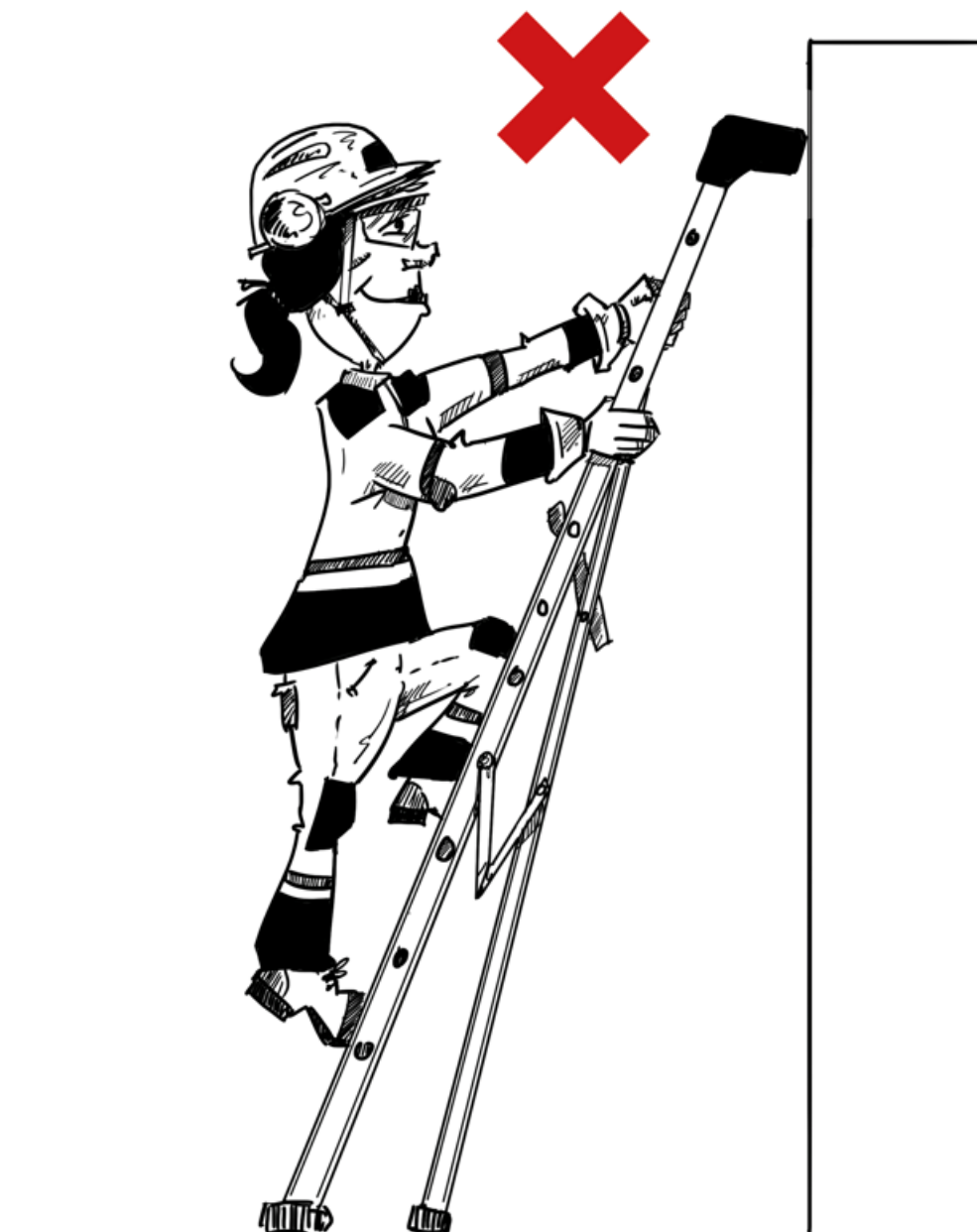


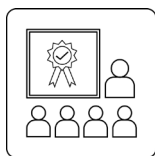
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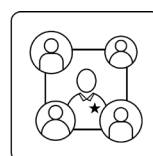




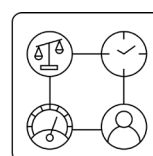
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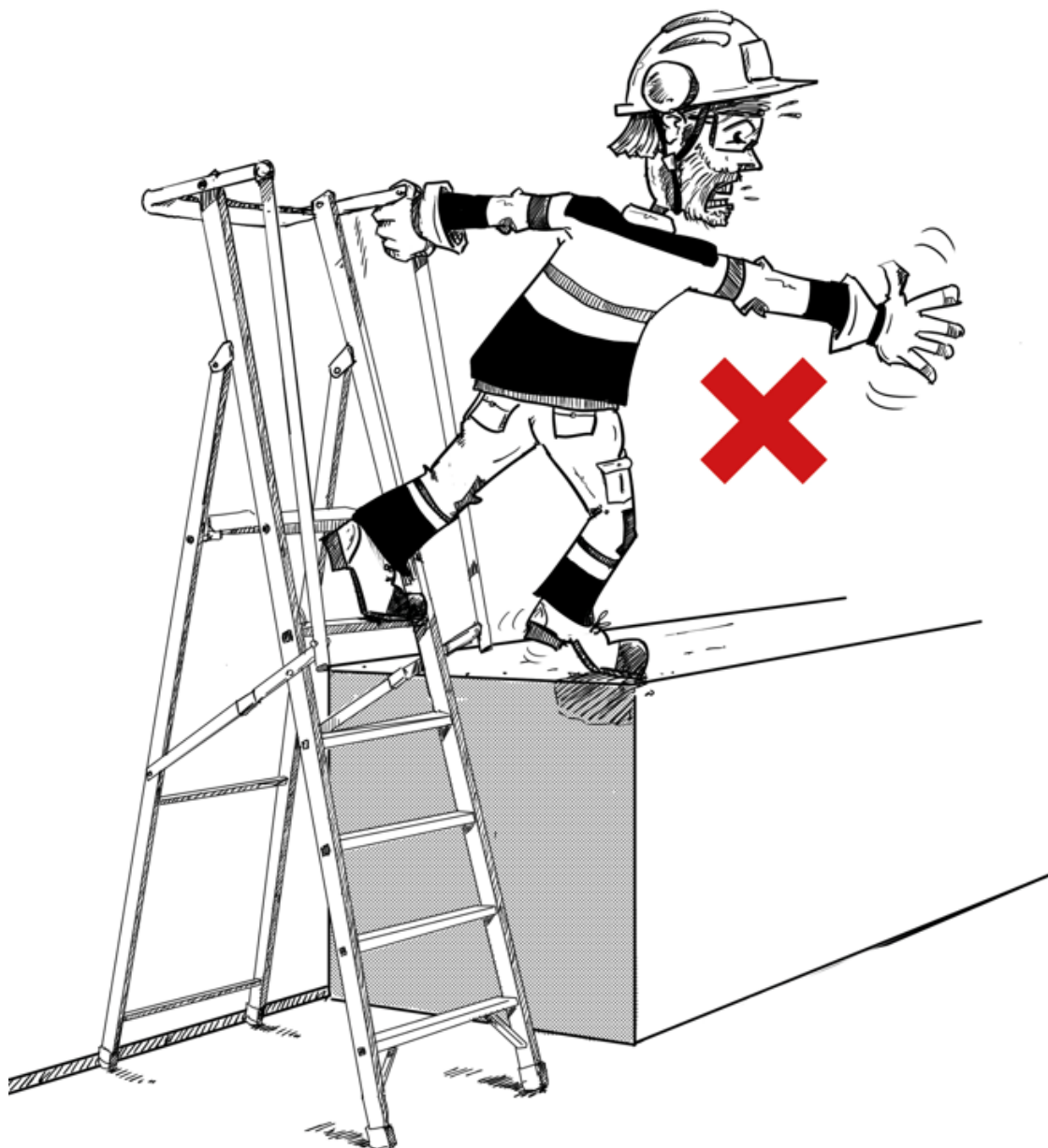


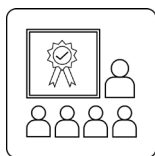
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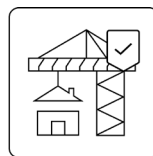
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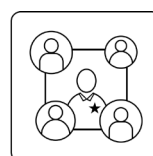




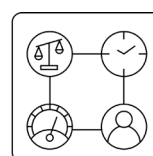
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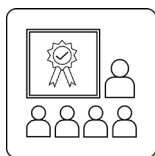
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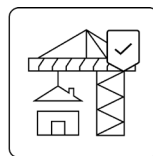
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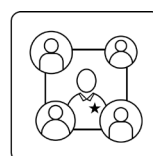




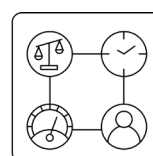
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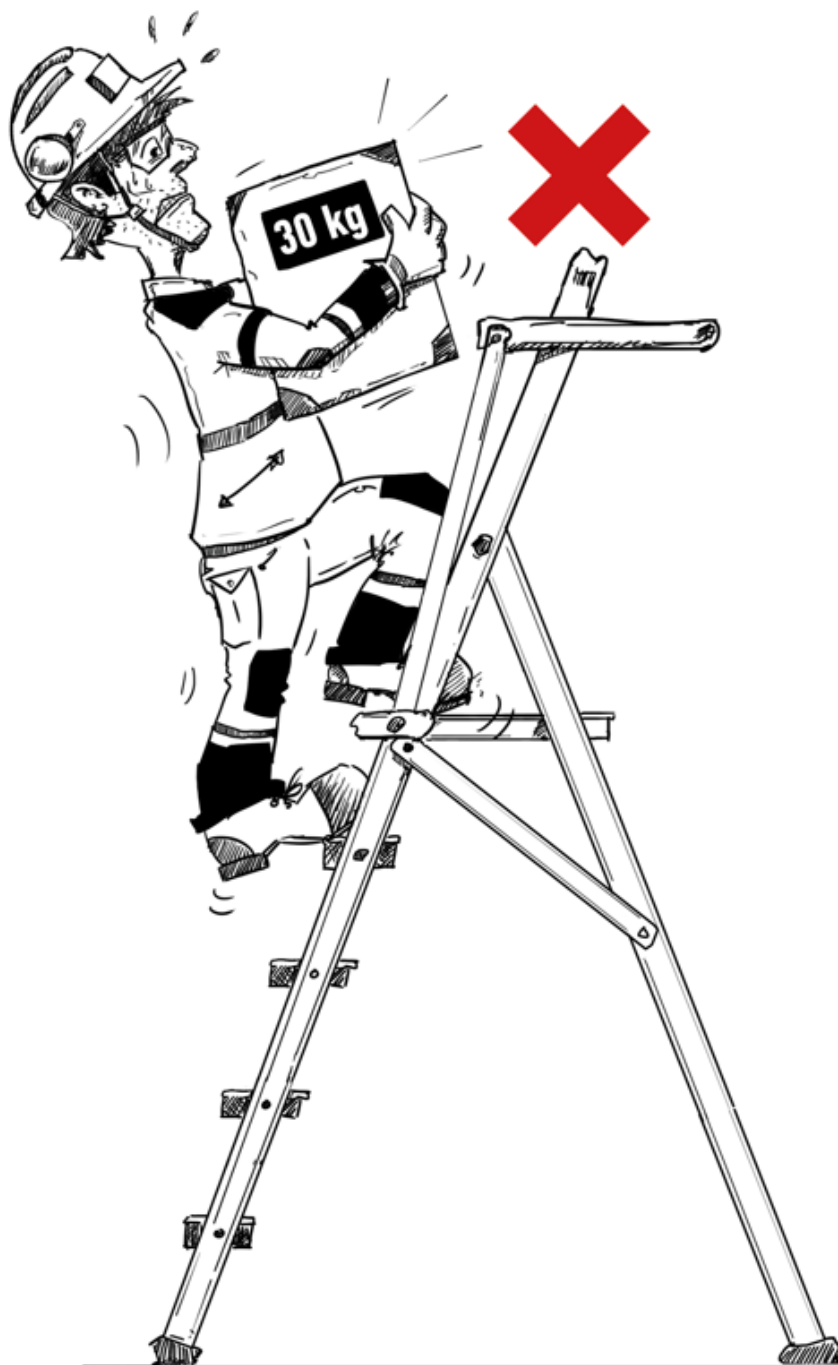


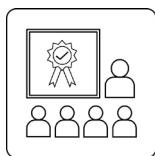
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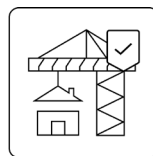
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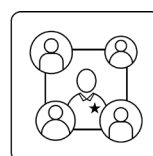




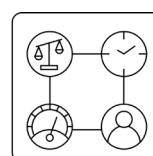
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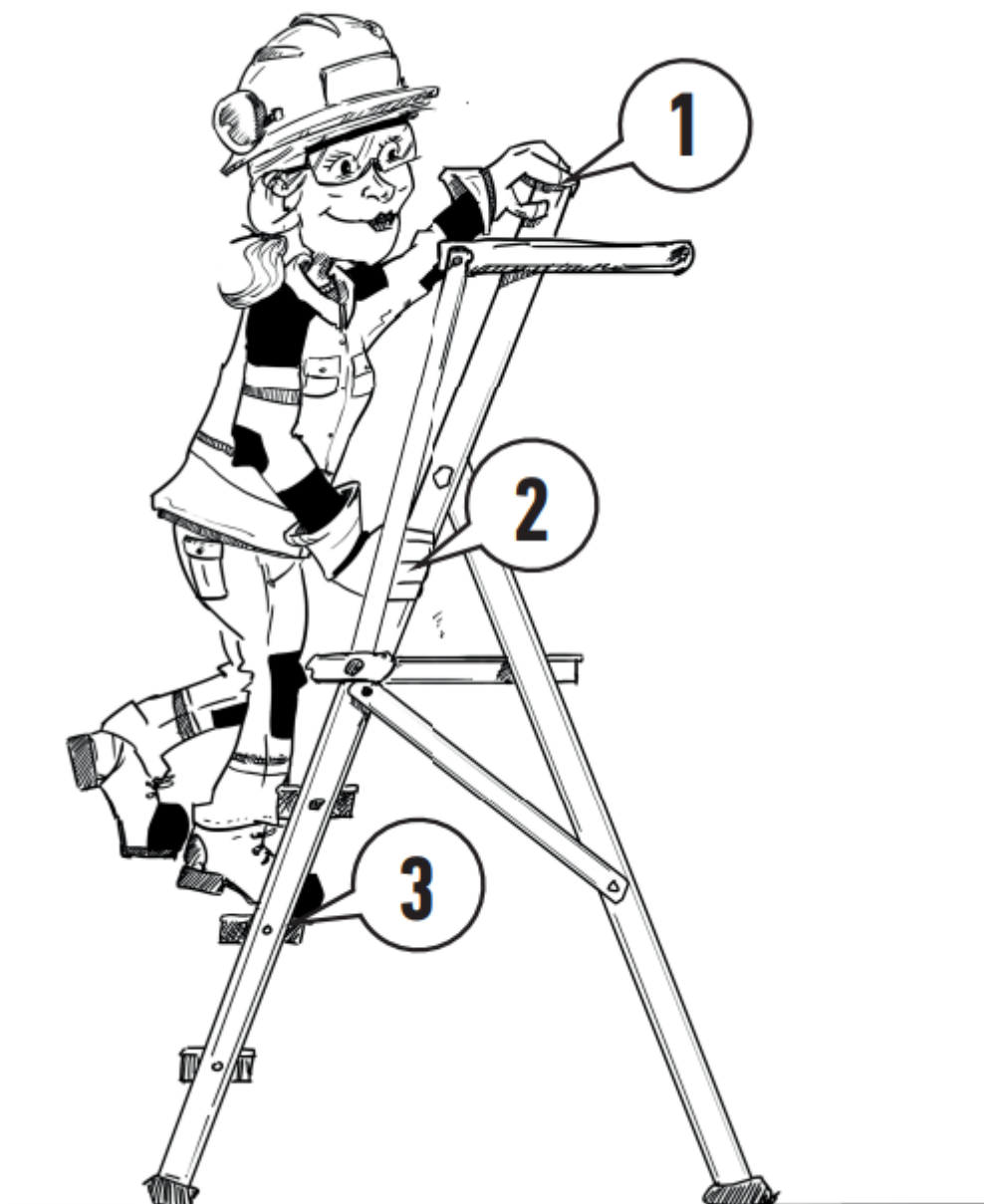


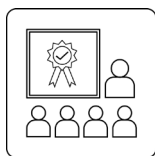
Ledelse og kultur



Rammebetingelser

Som grunnregel bør man ha 3 kontaktpunkter mot trappestigen når man utfører arbeid fra en slik.

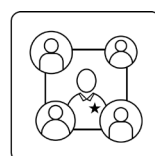




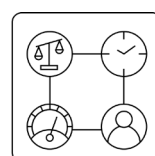
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Arbeidsoperasjoner

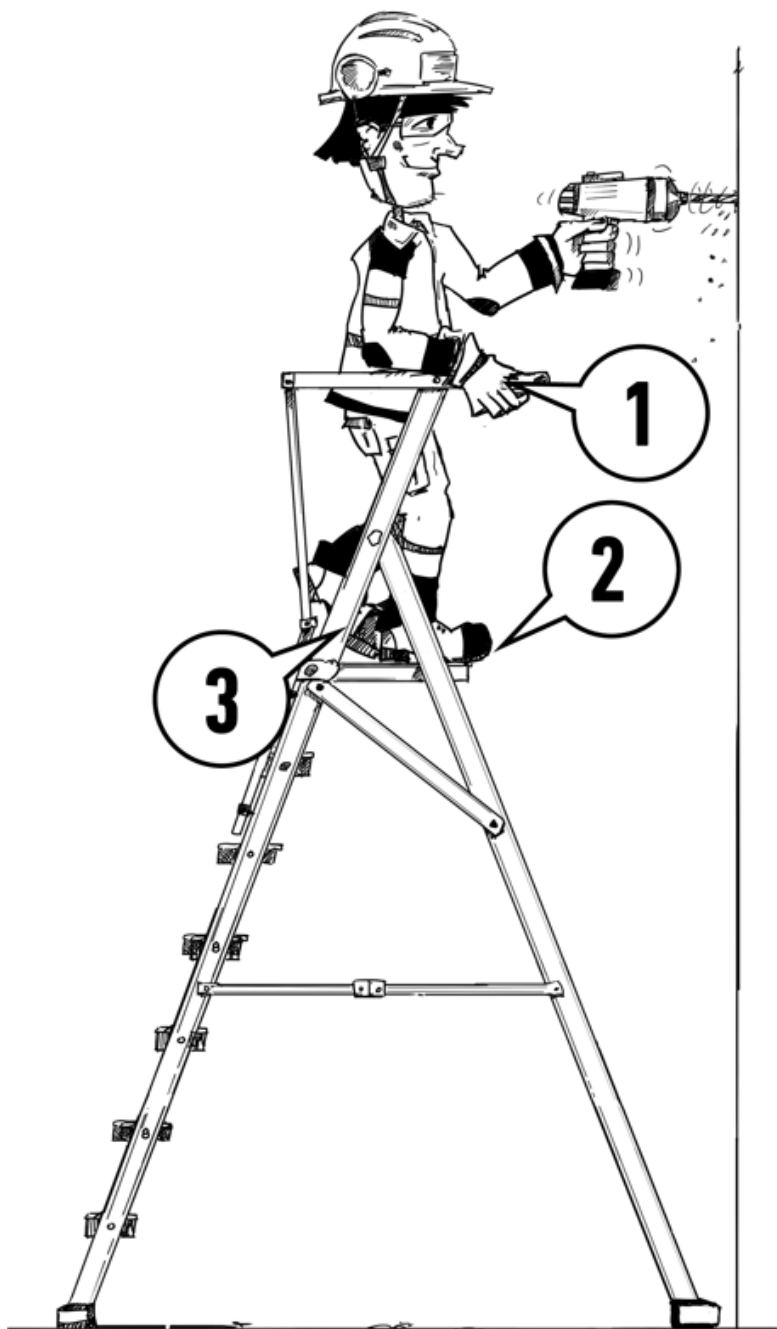


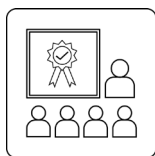
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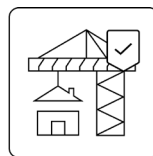
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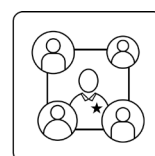




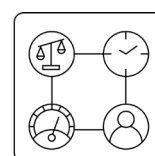
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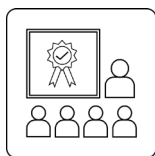
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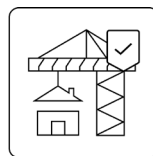
Rammebetingelser

Inspiser trappestiger og bukker før bruk – kasser skadet utstyr

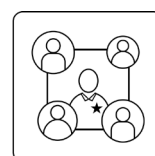




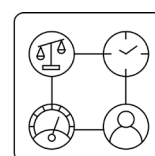
Kompetanse



Arbeidsoperasjoner



Ledelse og kultur



Rammebetingelser

Inspiser trappestiger og bukker før bruk – kasser skadet utstyr

